

# A VIEW FROM FEW

AN ORGANIZATION FOR OPPORTUNITY AND EQUALITY  
FOR WOMEN IN GOVERNMENT

SPACE COAST CHAPTER, KENNEDY SPACE CENTER, FL

OCTOBER 2003



## PRESIDENT'S MESSAGE

*Barbara Powell*

### TIDBITS FOR YOUR INFORMATION:

October is Breast Cancer Awareness Month. The US Post Office has released the new "Fund the Cure" stamp to help fund breast cancer research. Ethel Kessler of Bethesda, MD designed the stamp. The cost is 40 cents per stamp with the additional 3 cents going to breast cancer research. If all stamps are sold, it will raise an additional \$35,000,000 for this vital research. Spread the word. This may be the year this form of cancer is eliminated. Make a difference, buy a book of stamps, and remember to have you annual mammogram.

October is also Domestic Violence Awareness month.

WELCOME TO THE NEWEST MEMBERS OF THE SPACE COAST CHAPTER. It was great to see 10 new members at our Membership Luncheon, at the Sunset Café in Cocoa Beach. To you, and all of the membership: If there is anything you would like to see the chapter involved in or suggestions you may have for program topics, activities, information, talk to an Officer, or a Committee Chair. The names and phone numbers are on the back of the Chapter tri-fold. FEW and the Space Coast Chapter are the sum of its members. It is NOT a few people running the entire chapter. Elephants that we are, we need your help to have a successful year.

Looking for a vacation get-away? Have you heard of the Government Employee Travel Opportunities web site. Check this out [www.gettravelop.com](http://www.gettravelop.com) or call at 1-877-867-3639. Anyone who is a government employee-federal, state, city or local is eligible. THESE ARE WEEKLONG STAYS AT SELECTED SITES FOR \$249.00.

Speaking of web sites. Have you checked this one out? This is where you can get a free e-mail subscription of news topics of interest to women: <http://www.womensnews.org>.

SCHOLARSHIPS: New Federal Government Scholarship Program, "Scholarship For Service". This

## SPACE COAST CHAPTER, FEW

2003 – 2004

### Officers and Committees

President	Barbara Powell
Finance	Clara Anderson
Newsletter	Sharon White
NTP/RTP Planners	Dawn Partlow and Patti Rissman
Nominations	Jean Grenville
Parliamentarian	Carolyn Burnham
President Elect	Dawn Partlow
Seminar	Jean Grenville & Vickie Hall
Compliance	Gail McLean
Diversity	Mayra Smalls
Webmaster	Debbie Ward
Vice President	Patti Rissman
Programs/Publicity	Patti Rissman
Community Outreach	Aneta Ott
Bylaws	Past Presidents
Treasurer	Karin Biega
Membership	Becky Denis
Environmental	Aneta Ott
Sunshine	Karen Jansma
Secretary	Jane Eitel
Scholarships	Elizabeth Valentine
Legislation	Marie Argana
Historian	Jean Grenville
Past President	Connie Dobrin
Nat'l VP for Training	Becky Fasulo
Regional Nominations	Jane Eitel
Regional Legislation	Marie Argana

scholarship program offers college funding in return for a period of employment by the student after graduation. The program is funded through grants awarded by the National Science Foundation. The program has been designed to increase and strengthen the cadre of federal information assurance professionals to better protect the Government's critical information infrastructure. It provides scholarships that fully fund the typical costs that students pay for books, tuition, and room and board while attending an approved institution of higher learning. Additionally, participants receive stipends of up to \$8,000 for undergraduate and \$12,000 for graduate students. While still in school, students funding for more than a year will also serve a paid internship at a federal agency. The agency may offer students other paid employment while they are on scholarship if it does not interfere with their studies. Information on the SFS program is available at [www.sfs.opm.gov](http://www.sfs.opm.gov)

Working for equity in prescription drug coverage & Medicare reform. HQ NARFE has spoken out and are encouraging employees and retirees to contact their representatives asking them to maintain prescription drug parity between Medicare eligible retiree enrolled in FEHBP and other federal employees and retirees. "A new prescription drug benefit for those who need it should not force a loss of coverage for those who already have it", said National NARFE president Fallis.

DIVERSIFYING BOARD ROOMS - From an article that appeared in the Wall Street Journal on July 9, 2003. Women held about 13% of board seats at S&P 500 firms and 10% at SK&P 1500 firms last year. Minorities hold just 8.8% of 7,500 board seats at S&P 1500 companies. Both of these groups tend to be independent, coming from outside the companies' ranks. "...but boards are still a very exclusive club" the director of research firm is quoted as saying. Another study says that diverse boards may improve corporation governance. The key seems to be the presence of several women and minorities on a board. With just one, he or she is more likely to embrace the thinking of the dominant group.

INVESTMENT THOUGHTS. Money-market funds & short-term CD's. Check out your local bank and credit union. You could consider out-of-state and internet banks. One source to check is [www.bankrate.com](http://www.bankrate.com). Whatever your priorities, remember safety, liquidity and low fees.



## *American Stroke Association Walk*

### *Support Gloria Vigilante, FEW Member*

I am training to walk a 13.1 mile half-marathon to raise money for the American Stroke Association (ASA). I am asking for your support in this effort through prayers and good thoughts, and through your generous contribution to the ASA. I started this program to get in shape for my wedding. I will be walking the event in honor of stroke survivor Peggy Seiler, a past officer of the FWPWG. Peggy suffered a stroke on August 2, 2002 at the age of 48. Although both of Peggy's parents were stroke victims, she never thought that it would happen to her.

Remember to make good health, exercise and relaxation a priority in your life. Here are some alarming facts about strokes:

- Every 53 seconds someone suffers a stroke
- Every 3.3 minutes someone dies of stroke
- There are 4.4 million stroke survivors
- 29% of people who have strokes are under the age of 65

Thanks for your consideration of this request. Donations can be sent to KSC UB-G6, or you can visit my website at: <http://ttes.kintera.org/orlando>. Choose January 2004 - Walt Disney World Marathon, then choose "sponsor participant," then enter my name. If you have a friend or loved one who has been affected by a stroke, I would be honored to complete this event in his or her name as well. Please include the person's name on the response form.

Although the event is not until *January 11, 2004*, my plan is to have my fundraising goal met by *Oct 30*. Your tax-deductible contribution, sent as soon as possible, is greatly appreciated! Every dollar makes a

difference toward stroke research and education. If your company has a matching gift program, please send me the matching gift form and double your donation!

I am excited about this effort and look forward to walking on behalf of many who cannot due to a stroke. Please join me in reaching the finish line of my fundraising goal.

Gloria Vigilante



### Ingredients May Be Making You Fat and You Don't Even Know About Them

Excerpts from the Today Show

While many reports show that Americans consumption of white refined sugar has dropped over the past 20 years, it is mostly a result of the switch by food companies to High Fructose Corn Syrup (HFCS), which according to USDA figures shows an increased consumption by 250 percent over the last 15 years. Estimates are that we consume about nine percent of our daily calories in the form of fructose.

HFCS is processed from hydrolyzed cornstarch (so it's not completely natural) and contains a high level of fructose (which is naturally occurring in fruits and honey) and a simple sugar carbohydrate, just like sucrose. It is about 75 percent sweeter than sucrose, less expensive than sugar, and mixes well in many foods. Food manufacturers (especially soda manufacturers) began using HFCS widely in the early 1970s to save money, and it was thought of as a revolutionary advance in food science. HFCS is made up of 14 percent fructose, 43 percent dextrose, 31 percent disaccharides and the remaining 12 percent is "other" products.

In 1966 per capita consumption of high fructose corn syrup was zero- - in 2001 that rose to 62.6 pounds per person per year. We can win the fat war by reading the labels and sending the message to food companies to make the changes to help us eat better and lead healthier lives. What we buy (and don't buy) on the supermarket shelves is the most powerful communication.



## Our Amazing Brain

Submitted By  
Arden Belt

**Aoccdrnig to a rscheearch at Cmabrigde Uinervtisy, it deosn't mtttaer in waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht the frist and lsat ltteer be in the rghit pclae. The rset can be a total mse and you can sitll raed it wouthit porbelm. Tihs is bcuseae the huamn mnid deos not raed ervey lteter by istlef, but the wrod as a wlohe. Petrty amzanig, huh?**



## The Brazen Careerist

By Penelope Trunk

You could save \$10 million, but if your boss doesn't know, it's like it never happened. So you need to manage up -- systematically make sure your boss perceives that you are doing a great job.

Here are seven ways to manage up:

**Know your boss's priorities.** If your boss is a numbers person, quantify all your results. And know which numbers matter most to her. All numbers people have their pet line items. If your boss is a customer-is-first kind of guy, frame all your results in terms of benefits to customers. Let's say, though, that you are working on a project that is impossible to frame in terms of the customer. Then ask yourself why you're working on it for a customer-oriented boss. It probably isn't a high priority for her, so it shouldn't be a high priority for you.

**Say no.** Say yes to the things that matter most to your boss. Say no to everything else and your boss will appreciate that you are focused on her needs. Remember that your boss doesn't always know everything you've got on your plate. So when she asks you to do something that you don't have time to do, ask your boss about her priorities. Let her know that you want to make sure you finish what is most important, and this will probably mean saying no to the lesser projects.

**Talk like your boss.** If your boss likes e-mail, use it. If your boss prefers voicemail then phone in your updates. Convey information to your boss in the way she likes so that she's more likely to retain it. Be aware of detail thresholds, too. Some people like a lot and some people like none. A good way to figure out what your boss wants is to watch how she communicates with you. She's probably doing it the way she likes best.

**Toot your own horn.** Each time you do something impacting the company, let your boss know. Leave a voicemail announcing a project went through. Send congratulation e-mail to your team and copy your boss, which not only draws attention to your project success but also to your leadership skills. Whatever the mechanism, you need to let your boss know each time you achieve something she cares about.

**Lunch with your boss.** If all things are equal, your boss will promote the person she likes the best. So go out to lunch and talk about what interests her. Get her on your side by asking her for advice on something about work. If you are very different than your boss, work hard to find common ground in your conversations. Everyone has common ground if you hunt hard enough.

**Seek new responsibilities.** Find important holes in your department before your boss notices them. Take responsibility for filling those holes and your boss will appreciate not only your foresight, but also your ability to do more than your job. (The trick, of course, is to make sure you do not shirk your official job duties while taking on more.)

**Be curious.** Remember to make time to read and listen. Then ask questions when they are not expected. You will make yourself more interesting to be around, and you will elicit fresh ideas from everyone around you. Your boss will feel like having you on the team improves everyone's work, even his own, and that, after all, is your primary job in managing up.



## **PROGRAM COMMITTEE**

*Patti Rissman*

The monthly meeting is the 28<sup>th</sup> at Kelsey's in PSJ. Our speaker is from the county manager's office and will speak about the proposed 1% sales tax increase.



## **So You Think You Know Everything?**

The almond is a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2 to 6 years of age.

Butterflies taste with their feet.

Cats have over one hundred vocal sounds. Dogs only have about 10.

Now you know everything! .... Maybe!



## **MEMBERSHIP COMMITTEE**

*Becky Denis*



We are truly glad to have our members support our Chapter and if anyone has any questions, call Becky Denis at: 321-867-4104 (voice), 321-867-1458 (fax) or E-mail at [Rebecca.M.Denis@nasa.gov](mailto:Rebecca.M.Denis@nasa.gov)

If you haven't yet sent in your membership dues, please send your check to our Treasurer, Karin Biega.

Also, please remember, when you use the Global FEW Membership list, it only includes the folks that are on-site. Individuals need to create a **FEW Membership** Distribution list in their personal address books and add in those folks that are off-site.



## **COMPLIANCE**

*Gail McLean*

Our FEW Compliance Committee supports the National Level of the FEW Board of Directors who adopted a national legislative agenda to coincide with each two-year Congressional session. Designed to be the guiding force behind the organization's public policy activities, the agenda is basically divided into a three-tier structure.

Tier I issues are considered of utmost importance to female federal workers today and include downsizing of civilian and military personnel, equal employment opportunity, family member care, retirement, and issues affecting women in the military.

Tier II issues have an impact on all federal employees, regardless of gender and include compensation, employee benefits, Hatch Act reform, the National Performance Review, and safety and health.

Tier III issues affect women as a class and include economic empowerment, health care, and violence against women. The Equal Rights Amendment and voter education and registration activities are given Overall Priority status as they permeate each and every issue above.

FEW has also joined a coalition of other organizations supporting the passage of "No Fear" Legislation - March 2002 (H.R. 169/S. 201). Our Position on this legislation "requires that Federal agencies be accountable for violations of anti-discrimination and whistleblower protection laws, and for other purposes" (Library of Congress summary, and see <http://www.few.org/legislative.html> for more FEW Legislative information).

**DIVERSITY**  
*Mayra Smalls*

Diversity means different things to different people. It has been said many times if you want to be successful in today's world you should acknowledge and use diversity to your advantage. When individual differences are respected, appreciated and valued, diversity becomes a strength contributing to achieving results in all areas of our lives. Diversity offers a variety of views, approaches, and actions that can be used in planning, coordinating, problem solving and decision-making. So how can we show that we value diversity? First, I would say to be aware of self and how you think of others. Demonstrate acceptance of individual differences. Let's not ignore when we do not see an environment of inclusion because it sends a wrong message. A supportive environment is important. Be more than a co-worker, be a friend, be a mentor. Let diversity become be the way.



**SUNSHINE**  
*Karen Jansma*

*Celebrating her birthday on September 29<sup>th</sup> was Becky Denis. Hope you had a great day!!!!*

Celebrating birthdays in October:

Patricia Leonard	02
Marlene Satterthwaite	05
Sandy Gates	07
Janice Everett	12
Carole McCline	28



Our Chapter would like to continue to remember our FEW Sisters Birthdays as well as any other significant events in our members' lives, so please send information to Karen Jansma at [Karen.S.Jansma@nasa.gov](mailto:Karen.S.Jansma@nasa.gov). Also, if your big day comes around and it is not noted in the monthly Newsletter, please let Karen know.

*A congratulatory card was sent to Sandy McCandless Eliason on recent marriage.*

*Also, a get well card was sent to our Sunshine lady, Karen Jansma, after her traffic accident.*



**GOVERNMENT NEWS & LEGISLATION**



*Marie Argana*

**GPO/WEP HEARING**

FEW presented written testimony to the Senate Governmental Affairs Committee hearing on the "Penalty for Public Service: Do the Social Security Government Pension Offset and the Windfall Elimination Provision Unfairly Discriminate Against Employees and Retirees." To quote from the testimony: "FEW supports the repeal of both of these unfair provisions. Both the GPO and WEP lower the retirement income of federal employees by altering the Social Security benefit formula for certain groups. What is particularly egregious is that spousal and retirement benefits are reduced for Americans simply because they worked for the federal government. The end result is to dissuade more potential federal workers from joining the civilian workforce.



was in 1872 almost 40 years before women gained the right to vote.

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**COMMUNITY OUTREACH**

*Aneta Ott*

This year we have chosen a very worthy project to help the Brevard Sharing Center. United Way sponsored a "Feed the Need" drive in August and they collected 14,021 pounds of food totaling 9,347 meals that were distributed throughout Brevard County to different agencies. It sounds like a lot, but it was not enough. Because of the lack of enough items the Sharing Center is only distributing items to families every 190 days. So, in our "Fill the Pantry" effort we hope to help them fill their shelves and maybe make it possible for families to get help every 120 days. We can do it if we all put forth our best effort especially now when it is so close to the holidays. Baxley used to get help from the Sharing Center for food, etc but the Sharing Center does not get enough to help their own. Please don't get this confused with *Baxley* I still will be collecting for them next month for distribution on *October 17<sup>th</sup>*. Our day for the Sharing Center will be on "**Make a Difference Day**", the *24<sup>th</sup> of October*. If you are filling a box for us, please let me know whom and where you are so I can set up pick-ups for that day.

Thanks so much for your help with this!  
Helping begins at home in our Community.  
We are so fortunate we can help!

**CALENDAR OF EVENTS**

**October**

- Breast Cancer Awareness Month**
- National Disability Employment Awareness Month**
- Domestic Violence Awareness Month**

**9/15 - 10/15 Hispanic Heritage Month**

- 12 Columbus Day
- 24-25 Days of Caring
- 28 **Monthly Meeting at Kelsey's, PSJ**
- 31 Halloween

**Florida History and Culture**

*Vickie Hall*



**The Union Army in Florida**

In January 1861, as Florida seceded from the Union, U.S. Army officers stationed at Pensacola and Key West moved quickly to ensure that two key forts in Florida would remain in Union hands. By securing and holding Fort Pickens near Pensacola and Fort Taylor in Key West, along with Fort Jefferson in the Dry Tortugas, the Union had access to strategic outposts in the deep South.

Over the course of the war, the Union army increased its occupation of most of Florida's coastal forts and towns. Unlike many other areas of the South, Florida saw minimal large-scale fighting. With the exception of the Olustee campaign and several small expeditions into the interior, the Union army usually remained near its forts and occupied cities. Duty in some places, such as St. Augustine, could be interesting for northern troops. However, many were stationed in remote locations and suffered from boredom, insects, and potentially deadly tropical diseases such as yellow fever.

A variety of northern units served in Florida, from the New York Zouaves to the Union army's African American regiments. In the latter two years of the war, an increasing number of black units were involved in the Union operations in Florida. In addition to fighting at Olustee, both black and white Union army units stationed in different parts of the state fought small battles with southern forces at Gainesville, Marianna, Station Number 4 near Cedar Key, Fort Myers, and Natural Bridge. Smaller skirmishes also occurred in other parts of the state.

**SPACE COAST CHAPTER NEWSLETTER**

*Sharon White*

This monthly publication is a means of sharing information and ideas. **Please send news articles or**

items of interest for this Newsletter to Sharon White  
 at OP-ES-A or e-mail at [Sharon.L.White@nasa.gov](mailto:Sharon.L.White@nasa.gov)  
 Please feel free to share this Newsletter with your

<b>New Applicant</b>		<b>Renewal</b>		<b>Previous Member</b>		<b>Change of Membership Info</b>	
<b>Name</b>		<b>Membership Number</b>		<b>Birth Date</b>			
<b>Home Address</b>							
<b>City, State, Zip</b>							
<b>Home Phone</b>							
<b>Agency/Company</b>							
<b>Mail Code/Address</b>							
<b>City, State, Zip</b>							
<b>Work Phone</b>		<b>FAX #</b>					
<b>E-mail Address</b>							

**METHOD OF PAYMENT**

(Credit Cards only available Jan-Mar)

**Total Amount Due: see schedule below**

<b>Cash or Check</b>		<b>Check No.</b>		<b>Credit Card</b>	<b>Visa</b>		<b>Master Card</b>	
<b>Card Number</b>					<b>Expiration Date (MM/YY)</b>			
<b>Print Cardholders Name (as it appears on card)</b>				<b>Signature (Credit Cards Only)</b>				

friends. And for anyone interested, a Membership

Month	Amount Due	Month	Amount Due	Month	Amount Due
March	\$30.00	April	\$28.00	May	\$26.00
June	\$24.00	July	\$22.00	August	\$20.00
September	\$17.00	October	\$15.00	November	\$13.00
December	\$11.00	January	\$9.00	February	\$7.00

Application is attached as the last page.

**FEDERALLY EMPLOYED WOMEN, INC.  
 Space Coast Chapter 009  
 Membership Application**

Please place an X by the month dues are paid and pay the indicated amount.

National Office requests the following for statistics only:

Position/Title: \_\_\_\_\_ Series/Grade: \_\_\_\_\_

Circle One:    **SES**    **GM**    **GS**    **WG**    **Military**    **Other**

Circle if Applicable:    **FWP Full-time**    **FWP Part-time**    **EEO**

### Demographics

Sex [F/M]: \_\_\_\_\_ Race: \_\_\_\_\_ Years of Service: \_\_\_\_\_ Retired [Y/N]: \_\_\_\_\_

Membership dues are to be paid February 1<sup>st</sup> of each year. Please contact the Membership Chair, Becky Denis, 867-4104 if you have any questions.